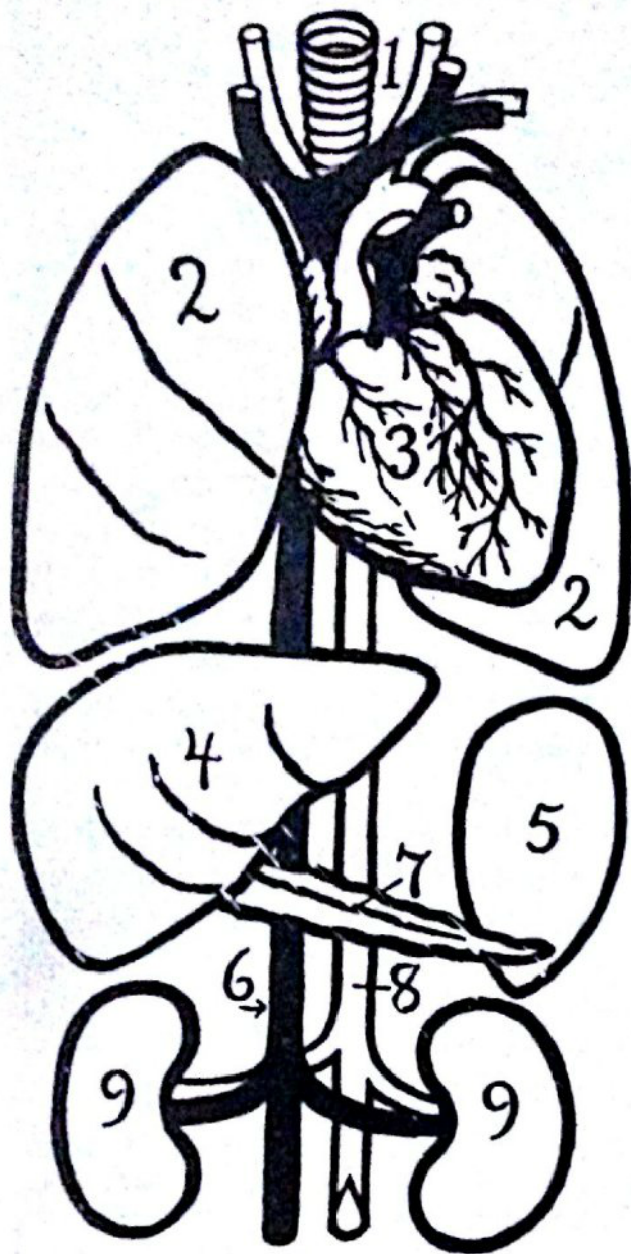


The Effect of Cooked Food on the Vital Organs.



1. Windpipe. (Trachea). Here is where the inorganic product of cooked starch and cooked sugar together with some table salt and other unorganized salts, absorbed from cooked food, are often eliminated in the form of catarrh accompanied by inflammation. Should the bacillus tuberculosis find its way into these tissues while burdened with the filth the catarrh may turn into consumption.

Unfired Food cures and prevents this disease.

2, 2. The Lungs. When the product of cooked carbohydrates (inorganic sugar and starch) accumulate in the tissues of the lungs and is eliminated into the bronchioles, it is called catarrh of the lungs. When the mucous fluid containing this filth cannot be exhaled, it becomes destructive to the lung-tissues. When the bacillus tuberculosis finds its way into this morbid accumulation, causing wholesale destruction of the lungs, it is called consumption.

Unfired Food prevents this disease and cures it in the insipient stages.

3. The Heart. 6. The Large Vein. 8. Large Artery. These are the vessels into which the undesirable material absorbed from cooked food accumulates and becomes

a poison to any weak part of the body to which it may be carried. Here the cooked protein breaks down into uric, hippuric, sulphuric and phosphoric acids and the carbohydrates into carbonic acid, which acids make the blood so viscid that it cannot go through the capillaries (hair veins).

Unfired Food supplies the blood with the organic basic salts which neutralize the above acids and make them harmless and eliminable.

4. The Liver. This is the largest chemical laboratory of the body. Here the biproducts of natural (unfired) food are reconstructed into new useful elements. This organ, however, suffers much from being clogged with and irritated by the inorganic material absorbed from cooked food. Here congestion, inactivity, torpid liver and other liver trouble are the sequence of eating cooked food. Unfired Food cannot overburden the liver in any way and cures existing trouble by supplying the organic salts required for its proper functioning.

5. The Spleen. This organ manufactures and replenishes good blood from Unfired Food; but cooked food may be so devoid of material to convert into good blood that anaemia (want of good blood) may follow.

7. The Pancreas. This organ manufactures a nitrogenous digestive fluid (pancreatic juice) from wornout and discarded tissue material, destroyed by labor, and deposited into the blood. Therefore; if much tissue is destroyed by

labor, then the pancreas manufactures a corresponding quantity of pancreatic juice from it. This juice digests from the food such material as can be used to replace the destroyed tissue: consequently, the more pancreatic juice there is, the more tissue-replacing material will be digested from the food on which it acts.

9, 9. The Kidneys. These glandular organs excrete urea and other waste products from the blood. When the liver can not transform cooked starches into glycogen (a liver sugar and muscle lubricant) then the kidneys must eliminate it; which process is destructive to the kidney tissues and the disease is called diabetis. When the patient has been eating too much cooked proteid and albuminous food (such as beans, peas, roasted peanuts, eggs and meat) or when an overdose of either is absorbed into the blood, it is eliminated as such by the overworked and ruined kidneys. This disease is then called Albumin Urea or Bright's Disease.

When the kidneys, for want of organic sodium, refuse to eliminate the uric acid absorbed from meat and other acids (such as sulphuric, phosphoric and hippuric acid formed in the blood by the breaking down of useless cooked proteid food,—then muscular rheumatism and neuralgia are the sequels. These diseases are caused by the above named acids in the blood attacking the basic salts composing the tissues.

Finally, the disease producing cause in cooked food can be expressed as follows. First; hyper-solubility of the starches and proteins, resulting in hyper-saturation of the blood with undesirable food material which becomes a useless burden and finally a poison. Second; disarrangement of the atoms in the organic molecule of all food material when cooked which may be expressed as follows. Cooked sugar has become inorganic sugar. Cooked starch has become inorganic starch. Cooked protein has become inorganic protein. Cooked organic salts have become inorganic salts. The superficial chemist denies the above statements, because he has failed to find a way to test the fundamental differences, but the stomach, the intestines, the liver, the pancreas, the salivary glands, the thyroid-gland and the kidneys suffer from that difference and finally each cell throughout the body suffers from that difference. Third; extreme fermentability of the starchy as well as the proteid foods. Furthermore the bacteria active in food-fermentation produce a more virulently toxic waste from cooked food than from unfired food, which rarely occurs in the latter.

This is proven in the fact that when cooked food ferments in the alimentary canal it paralyzes the nerves controlling the peristaltic muscles, resulting in constipation; whereas, when unfired food ferments it may only stimulate the peristaltic functions, resulting in laxation.

It should not be forgotten, however, that the toxic product of fermenting cooked food is not limited to paralyzing the nerves of peristalsis but that it also penetrates to the nerves of the heart, the lungs, the liver, the pancreas, the kidneys and especially the organs of procreation, which lie in closest proximity first irritating them, then perverting them and finally paralyzing them.

In conclusion; it matters not from what standpoint we look at the question "Unfired food versus fired food"; it will always be found that the balances of facts, of experimental results and of sound reason will tip in favor of unfired food, even to the extent that unfired food under unfavorable conditions proves more fortunate than fired food under favorable conditions.

UNFIRED AND FIRED FOOD COMPARED

PROTEIDS

ADVANTAGEOUS FOOD

Unfired nuts and legumes neutralize and absorb the acids of the stomach and prevent stomach fermentation. They do not endanger the system with proteid poisoning, since the gastric juices determine the quantity of their protein required and to be absorbed. Unfired protein has a wholesome chemical constitution after it is digested and absorbed.

DISADVANTAGEOUS FOOD

Cooked and baked legumes and nuts have lost their alkaline activity and tend to putrid fermentation in the stomach and are sure to decay in the intestines and the resulting gases are the cause of auto-intoxication (self poisoning) and constipation. The portion absorbed is chemically so abnormal that it generally breaks down into destructive poisons and uric acid.

OILS

The oils in unfired nuts and cereals are soluble and emulsifiable in the gastric juices.

Baking and roasting fuses the oils and renders them harder to digest and emulsify. Fused oils are hard on the liver.

SUGAR

Unfired fruit sugar can not be improved as it is sundigested and ready for immediate absorption. It is Nature's harmless stimulant and it readily transforms it to glycogen (a muscle lubricant). Sweet, fresh and dried fruits, St. Johns bread, sweet-root, sugar-cane, piths, fresh maple-juice and honey are wholesome sweets. Honey is the only harmless concentrated sugar.

All cooked sweets are unwholesome because their sugar molecule is rendered inorganic. Cane sugar and candy irritates the walls of the alimentary canal and gives rise to a profuse flow of mucus and thus initiates stomach catarrh. Cooked sweets and preserves retard stomach digestion and help to ferment the foods eaten with them. All cooked sugar absorbed into the circulation becomes a burden to the liver before it can be utilized.

STARCHES

Unfired starch as it comes from the hand of Nature in cereals and roots is in the most perfect form for food. Cereals are best eaten dry to insure proper ensalivation to initiate perfect digestion. With unfired starch the saliva and small intestines can regulate the quantity required to be changed into sugar for absorption. The refused portion of unfired starch does not become injurious to the system as it does not readily ferment or decay.

Cooked and predigested starch is changed into soluble starch and glucose. In this unnatural form it is too freely absorbed and thus it oversaturates the blood. This condition compels an overdraft on the oxygen in the blood and then it burdens the organs of respiration. When the stomach and intestines refuse to absorb this unnatural starch it then ferments and causes as much trouble in another way. Cooked starch is too much predisposed to ferment and decay.

CHLOROPHYLL

ADVANTAGEOUS FOOD

Uncooked green herbs are most valuable for their chlorophyll, which is related to the proteids and has similar virtues. It is especially useful in preventing intestinal fermentation.

DISADVANTAGEOUS FOOD

Cooked chlorophyll has lost its chemical virtues and counts only as bulk.

CELLULOSE

Every natural food has its required proportion of cellulose or indigestible fibre. Cellulose helps to grind and emulsify the food in the intestines. By means of the cellulose the intestines are better able to move and transport the food material. It develops the peristaltic muscles by giving them resistance and also stimulates the peristaltic activity. Last but not least, it eliminates waste poisons from the intestinal canal by absorbing the poisons and carrying them along. Herbs and roots uncooked contain the most useful cellulose and that in the outer coating of cereals must not be forgotten.

Cooked cellulose has lost most of its intended usefulness. Cooking renders the cellulose either too soft, slippery, gummy or fused. Such cellulose tends to produce constipation by binding the fecal matter. Cellulose is often so well cooked that it readily undergoes fermentation and decay. Cooked foods generally promote the very unfavorable conditions which are prevented by unfired foods.

SALINE MATTER

The organic salts in unfired foods are as important as all the other food elements combined. They constitute tissue bases, oxidizing agents, acid binders and eliminating agents. They are Nature's tonic elements. Upon them depends the healthy construction of every tissue and cell in the human body. Salad herbs are the richest in organic salts and next in order come roots and fruits.

Cooking changes the most important organic salts into inorganic forms. The boiling fluids which contain a rich solution of the unorganized salts are generally cast away. Any artificial heat greater than that supplied by the sun tends to change and break up the atomic arrangement of the organic molecule and generally frees and neutralizes the most important basic atoms. All unorganized salts become irritants in the human body.

CONCLUSION

All unfired fruits, herbs, roots, nuts and cereals that appeal to man's unperturbed senses of alimentation are natural and wholesome foods.

All foods that are cooked, baked, roasted, pickled and spiced are, certainly, not natural and always tend to be unwholesome.

HOW TO BEGIN THE UNFIRED DIET

Through hundreds of years of an unnatural (cooked) diet man's sense of alimentation has become so perverted that this sense is no longer a reliable guide in selecting natural health sustaining food. The same diet has also perverted the sense of taste and the use of condiments has so blinded the tastebuds that the delicate flavors of natural foods are unrelishable, insipid and repulsive. The young child is still closer to nature. The author has seen many children who horrified their parents by eating uncooked potatoes like apples and several of them were whipped and spanked for this natural inclination.

In the attempt to "return to nature" it is best to begin with such foods as are not commonly cooked. The beginner may select from the fresh and dried fruits, the nuts the sweet salad herbs and tender roots and flaked or ground cereals. Many of these natural foods may be so combined that when they are chewed together their flavors blend in the saliva into a new and surprisingly delicious taste. The following combinations are a few favorite examples :

Chopped pecans and seedless rasins mixed into flaked wheat.

Chopped cabbage and chopped peanuts dressed with honey.

Thin pineapple slices sandwiched between lettuce.

Oatmeal combined with chopped peanuts and chipped dates.

Lettuce and grated cocoanut.

Oatmeal, seedless rasins and grated cocoanut.

Chipped apples, sliced bananas and walnut meats mixed.

Two or three peanuts chewed together with each bite of radishes.

Chopped celery mixed with pignolias or grated cocoanut.

Grated sweet potatoes, chopped cabbage and chopped almonds dressed with honey.

Sliced tomatoes and pecan halves dressed with honey.

Scotch oatmeal mixed with flaked pignolias and chipped figs.

For proportional combinations see the regular recipes.

COMMON OR INFORMAL HEALTH DINNERS

An every day unceremonious dinner served at home or at a restaurant should consist of three or four courses only.

THE FIRST COURSE.

An uncooked soup,

A health drink, or

A ten or twelve ounce section of a cantaloupe or watermelon.

THE SECOND COURSE.

A fruit salad,

An herbal salad, or

A salad pie.

THE THIRD COURSE.

A brawnfood,

Two ounces of unfired wafers, with nut butter,

Three ounces of unbaked bread or cake.

THE FOURTH COURSE.

A small dessert of

Fruit, 3 or 4 ounces,

Fruit sauce whip or moussé, or

One ounce of cereal confection or carobs.

These courses may be spread at once or served in succession.

A BANQUET MENU

Served in 8 Courses.

COURSE ONE

Serve only one of the following dishes :

An apple cut into eight sections and arranged to represent a lotus.

An orange with the peeling turned down to represent a flower.

A banana stuffed with a few nuts and peeling replaced.

COURSE TWO.

Serve about one ounce of one of the following foods for nibblers:

Pecan meats, carobs, chufas, dried olives (one-half ounce).

COURSE THREE.

Serve one of the following health drinks :

A lemonade. Orangeade. Fruit frappee. Tamarade. Rhubarbade
Fresh cider. Fresh grape juice. Near-milk.

COURSE FOUR.

Serve according to the convenience of the season :

A fruit salad, an herbal salad, a salad pie or a flower salad.

COURSE FIVE.

Serve a small dish of cereal foods as neatly as you can prepare them:

Brawnfood. Honey flakes. Evaporated fruit flakes. Pound cake.
Fruit bread.

COURSE SIX.

This course is optional.

Lentil surprise salad (small dish). One ounce of either lemon
cottage cheese, horseradish cheese, cranberry savory cheese or cereal
confections.

COURSE SEVEN.

Serve a small dish of the following preparations for dessert :

Banana moussé. Berry sauce. Apple sauce. Plain dessert.

COURSE FINALE.

Serve the fingerbowl.

When so many courses are served each individual dish must be
comparatively small. A menu of six courses is long enough for most
festive occasions.

FRUITS

	Water	Protein	Oil and Acid	Sugar and Starch	Ash or Saline Matter	Fuel Value or Calories per ounce
Cucumbers.....	95.20	.73	.62	2.95	.50	5.75
Water Deducted.....		15.21	12.93	61.46	10.40	
Tomatoes.....	94.30	.90	.40	3.90	.50	6.47
Water Deducted.....		15.79	7.02	68.42	8.77	
Pumpkins.....	88.00	1.55	.28	9.18	.99	
Water Deducted.....					8.24	
Watermelons.....	92.00	.60	.40	6.70	.60	9.31
Water Deducted.....		7.23	4.82	80.72	7.23	
Strawberries.....	90.77	1.03	.60	7.00	.60	11.23
Water Deducted.....		11.15	6.51	75.84	6.50	
Muskmelons.....	89.50	.60	.05	9.25	.60	11.33
Water Deducted.....					5.71	
Currants.....	85.00	1.50	.20	12.60	.70	16.54
Water Deducted.....					4.66	
Oranges.....	87.00	.82	.20	11.43	.55	11.57
Water Deducted.....		6.31	1.54	87.92	4.23	
Raisins, Dried.....	14.60	2.60	3.30	76.10	3.40	97.85
Water Deducted.....		3.05	3.86	89.11	3.95	
Prunes.....	84.10	.70	.10	14.50	.60	17.54
Dried.....	22.00	3.43	.49	71.14	2.94	86.06
Water Deducted.....		4.40	.63	91.20	3.77	
Bananas.....	75.10	1.33	.62	22.03	.92	28.14
Water Deducted.....		5.34	2.49	88.47	3.70	
Cherries.....	82.40	1.00	.80	15.20	.60	20.45
Water Deducted.....					3.40	
Apricots.....	85.00	1.05	.21	13.23	.51	16.77
Dried.....	29.40	4.94	1.00	62.28	2.38	78.99
Water Deducted.....		7.00	1.42	88.22	3.36	
Apples.....	84.60	.38	.48	14.04	.50	17.61
Dried.....	28.00	1.77	2.23	65.66	2.34	82.33
Water Deducted.....		2.45	3.10	91.20	3.25	
Figs.....	79.67	1.50	.30	17.93	.60	21.86
Dried.....	18.50	6.10	1.21	71.87	2.41	90.53
Water Deducted.....		7.38	1.48	88.19	2.95	
Gooseberries.....	85.00	.56	1.42	12.60	.42	18.55
Water Deducted.....					2.80	
Pineapples.....	89.30	.40	.30	9.70	.30	12.24
Water Deducted.....		3.74	2.80	90.66	2.80	
Persimmons.....	66.10	.80	.70	31.50	.90	38.51
Water Deducted.....					2.65	
Pears.....	84.40	.60	.50	14.10	.40	17.98
Water Deducted.....					2.56	
Grapes.....	78.30	1.30	1.60	18.30	.50	26.32
Water Deducted.....					2.30	
Dates.....	55.01	1.12	1.47	41.46	.94	
As Bought.....	15.35	2.11	2.77	78.00	1.77	88.12
Water Deducted.....		2.49	3.27	92.15	2.09	
Mulberries.....	84.71	.36	1.86	12.41	.66	19.49
Raspberries.....	84.10	1.70	1.00	12.60	.60	18.79
Peaches.....	84.30	.50	.10	14.80	.30	17.65
Water Deducted.....					1.91	
Huckleberries.....	81.90	.60	.60	16.60	.30	21.08
Nectarines.....	82.90	.60		15.90	.60	18.76
Lemons.....	89.30	.95	.71	8.47	.57	12.51

FRUITS

THE COMPOSITION OF THE ASH IN FRACTIONS OF 100 PARTS

The Water is Deducted in These Figures	Percent of Total Salts	Iron	Sodium	Magnesium	Calcium	Potassium	Phosphorus	Sulphur	Silicon	Chlorine
Strawberries.....	6.50	.38	1.8592	1.37	.90	.20	.78	.10
Gooseberries.....	2.80	.13	.28	.16	.34	1.08	.55	.17	.07	.02
Cucumbers.....	10.40	.14	1.04	.43	.76	4.28	2.08	.55	.61	.51
Pumpkins.....	8.24	.22	1.79	.29	.65	1.65	2.79	.20	.62	.03
Apples.....	3.30	.05	.86	.29	.13	1.18	.45	.20	.14
Figs.....	2.95	.04	.77	.27	.56	.84	.04	.19	.16	.08
Prunes.....	3.77	.09	.34	.13	.43	1.83	.60	.18	.15	.02
Olives.....	5.51	.05	.41	.01	.41	4.45	.07	.06	.04	.01
Cherries.....	3.40	.07	.08	.19	.25	1.76	.54	.17	.30	.04
Watermelons.....	7.23	.32	.68	.39	.72	3.24	1.01	.38	.28	.21
Pears.....	2.56	.03	.22	.13	.20	1.40	.39	.14	.04	.01
Grapes.....	2.30	.01	.03	.11	.26	1.29	.36	.14	.06	.03
Peaches.....	1.90	.02	.16	.10	.15	1.04	.29	.11	.03
Blueberries.....	1.65	.08	.08	.10	.13	.96	.29	.05	.02